



SET #25: CEASAR SALAD

SPICINESS RATING 3.0 🌶️🌶️🌶️

YARDARGE TOTAL: 2,600

WARM UP

500 S.K.I.P.S. (100 Swim + 100 Kick + 100 IM + 100 Pull + 100 Stroke)

500

MAIN

3 Rounds

(100 Descend to Fast Non Free Choice + 100 Easy Free) 3:30

4 x 25 Kick Easy + 100 Pull Easy ----

3 Rounds

(75 Descend to Fast Non Free Choice + 75 Easy Free) 2:30

4 x 25 Kick Easy + 100 Pull Easy ----

3 Rounds

(50 Descend to Fast Non Free Choice + 50 Easy Free) 1:45

1550/2050

COOL DOWN

200 Pull Easy + 100 Kick Easy

5 x 50 :55 (1 Double Arm Back, 1 Easy Free)

550/2600